RESEARCH ABSTRACT

Title of Project: THE EFFECTS OF WORK STRESS, PASSIVE SMOKING, NEGATIVE AFFECT, COPING ABILITY AND OTHER LIFESTYLE FACTORS ON THE SICK BUILDING SYNDROME.

Investigator(s): Dr. Alan Hedge, Dr. Gary Evans

Institution: Cornell University

ABSTRACT: In the space below, please provide a descriptive summary of your proposed research project.

Associations between symptoms of the sick building syndrome (SBS), work stress, passive smoking, negative affect, ability to copy with stress, and other lifestyle factors will be tested in a cross-sectional self-report questionnaire survey of some 2,000 workers from 4 smoking prohibited and 4 smoking restricted offices. In addition, a preliminary study of associations between the self-report measures used in the survey, diary records, and urinary catecholamines, cortisol, and cotinine will be conducted. The preliminary study will be followed by a longitudinal case-control study of 100 workers selected from one of smoking restricted and smoking prohibited buildings. Selected cases (n=50) will have 4 or more symptoms of SBS, selected controls (n=50) will be free of SBS symptoms. Subjects will be surveyed every three months for one year. Associations between symptom status, self-reported stress and ETS exposure, individual variables, and urinary biomarkers of work stress and passive smoking will be tested in each wave. Seasonal and temporal influences on SBS symptoms will be tested. The results of this research will elucidate whether associations between work stress, passive smoking, and the SBS arise because of physiological changes which might modify individual susceptibility to indoor air pollutants.

Gary Evans
Alan Hedge

Signature, Principal Investigator

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